

Eggplant Rollatini



Eggplant Rollatini is an elegant and delicious keto-friendly dinner option, featuring thinly sliced eggplant rolled with a ricotta and spinach filling, topped with marinara sauce and melted cheese.

Ingredients for 2 serving (US/Metric)

- **Eggplant**
- **Ricotta cheese**
- **1.5 cup Spinach**
- **70g / 2.5oz Mozzarella**
- **Marinara sauce**
- **3 *tbsp* Parmesan cheese**
- **0.5 *tbsp* Olive oil**
- **Salt & pepper to taste**
- **1 *tsp* Nutmeg**

Nutrition (US/Metric)

- **Protein: 26%**
- **Fat: 50%**
- **Net carbs: 24%**

Instructions

- **Preheat Oven:** Preheat your oven to 375°F (190°C).
- **Prepare Eggplant:** Brush both sides of the eggplant slices with olive oil and season with salt and pepper. Grill or broil each side for 2-3 minutes until tender and slightly browned.
- **Mix Filling:** In a bowl, mix ricotta, cooked spinach, Parmesan, nutmeg, salt, and pepper.
- **Assemble Rollatini:** Lay out two strips of eggplant. Place a spoonful of the ricotta mixture at one end and roll up tightly.
- **Prepare Baking Dish:** Spread a thin layer of marinara sauce on the bottom of a baking dish. Place the eggplant rollatini seam side down in the dish.
- **Top and Bake:** Top with more marinara sauce and shredded mozzarella. Bake for 20 minutes, or until the cheese is bubbly and golden.
- **Serve:** Serve hot, garnished with fresh basil if desired.